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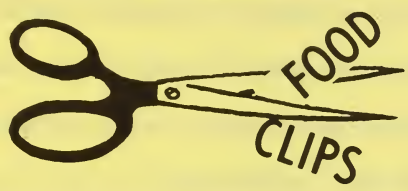
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# Food and Home Notes

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Soybean sprouts may be purchased or grown at home. They make a tasty addition to salads and can also be served as a vegetable, according to nutritionists at the U.S. Department of Agriculture

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Soy sauce is a fermented product made from soybeans and is used as a seasoning.

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What are green soybeans? They are a dependable source of a number of minerals and vitamins including calcium, phosphorus, iron, vitamin A, thiamin, and riboflavin. They're usually available in cans -- in all seasons.

\* \* \*

Soy nuts may be prepared without skins. Slip skins off the soaked, drained soybeans.

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Lamb is nutritious--a serving of lamb provides a high amount of protein and significant quantities of vitamin B-1 vitamin B-2, iron, and calcium.

## OUTLOOK CONFERENCE —Set in December

"Family Living Sessions" will be featured the last two days of the Annual National Agricultural Outlook Conference scheduled in Washington, D.C. at the U.S. Department of Agriculture on Dec. 9-12. The conference, held primarily in Jefferson Auditorium, South Building of the USDA, will bring together economists and extension specialists from government, business and the universities. It is also open to the public at no charge.

U.S. Agriculture in the World Economy will be the overall theme of the Outlook Conference. It will also include an evaluation of the impact of the World Food Conference to be held in Rome in early November. Outlook will project the overseas food demand for our products in the year ahead and present information for making production and marketing decisions for 1975.

One of the highlights of the Family Living Sessions will be an advance introduction of a computer program designed to help people to know what they can afford to spend. By next year it is hoped that the system will be available on the same basis as the retirement budgeting program. (as described in January 28 Food and Home Notes)

## ALMOST ALL ABOUT - - - - RICE

Fate may have brought rice to America--according to legend about 1664--two hundred years after Columbus discovered America, a small ship bound for England was blown off course and forced to land in Charleston, S.C. for repairs. The ship's Captain gave the Governor of the colony a handful of rice grains--one of the oldest cultivated plants on earth. The people of South Carolina planted the grain and it grew and grew. Today "rice festivals" are held in various parts of the country at this time of year from Louisiana to Texas. And, on the family table or in eating out, grains of rice are one of the most versatile and most used foods.

One way to stretch the food dollar is to use rice as an extender. It's quick, easy to cook, and while rice is a bland food--maybe, because it is a bland food, it is an ideal accompaniment for dishes that are simple or elegant. It mixes well with seafoods and meats and can figure into any meal at any time of day. And--right now--there is a good supply of rice, according to U.S. Department of Agriculture marketing specialists. The harvest is expected to be 22 percent above the 1973 crop and 29 percent above the 1971-73 average.

Rice is purchased according to grain types--so it pays to know your grains--all types are reported in good supply now.

Long grain rice--characteristics of this type are grains that are light and fluffy and inclined to separate, best for use in salads, curries, stews, poultry, seafood and meat dishes.

Medium and Short grain rice--easily recognizable by comparing size--moist and tender grains which cling together on cooking--make it a choice type for use as a binding and extending agent in croquettes, meat and fish loaves, puddings, and rice molds.

Various kinds of rice are available depending on the degree of milling or extent of processing. They are: Regular milled white rice: White or polished rice has a bland flavor and tender texture.



**Parboiled rice:** Rice that has been subjected to a special steam-pressure process; noted for its holding quality after cooking. It takes longer to cook than regular white rice and the cooked grains are fluffy, separate, and plump. Converted rice is parboiled rice made by a patented process.

**Pre-cooked rice:** Rice that has been milled, cooked and dehydrated. Slightly higher in cost, but ready for use by adding water.

**Brown rice:** Outer husks and a small amount of bran has been removed, tan in color with a nut-like flavor and somewhat chewy texture. Good for stuffing and dressings. Shelf life is more limited than other types.

(Note: Wild rice is not a true rice, but the seed of a grass that grows wild in shallow lakes and marshes.)

The handling of rice has changed considerably in recent years. It was once sold from bins in stores, and it had to be washed. Some people still wash rice--but they need not. Packaged rice is clean today and washing is unnecessary. Washing once before cooking can cause a thiamine loss of 10 percent in brown and converted white rice and 25 percent loss in regular white rice. If you change water--maybe even three times--in washing the loss of thiamine may increase to 55 percent in white rice, 20 percent in brown rice, and 10 percent in parboiled rice. So, don't wash it--and don't rinse it after cooking either.

Cooking rice by boiling in an excessive amount of water and discarding the cooking water leads to high losses in nutrients in all types of rice. The loss of vitamins is roughly proportional to the volume of water used and the amount of water drained off. One good cooking method is to bake the rice (with just enough water) added to it in a casserole to produce a palatable but not too soft rice by the time the cooking water is absorbed. Rice may be stored almost indefinitely--up to 1 year for white, parboiled or packaged precooked and six months for brown or wild rice. Of course, packages must be tightly closed to keep out dust, moisture, and insects and kept in a cool dry place.



PICK A PUPPET -- Helen "Pat" Larson of Hancock County, Maine, an aide in Extension's Expanded Food and Nutrition Education Program used her creativity and ingenuity to develop puppets that could be used by volunteer teachers in nutrition day camps for youngsters. Each puppet was selected by a child for a food (fish, vegetable, cereal) and so named. Then the child worked on a part for his puppet in the show. It was a novel learning experience. Ms. Larson is one of 8,000 aides who assist in training volunteers to develop teaching techniques and tools especially designed to teach the message of nutrition.

NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.